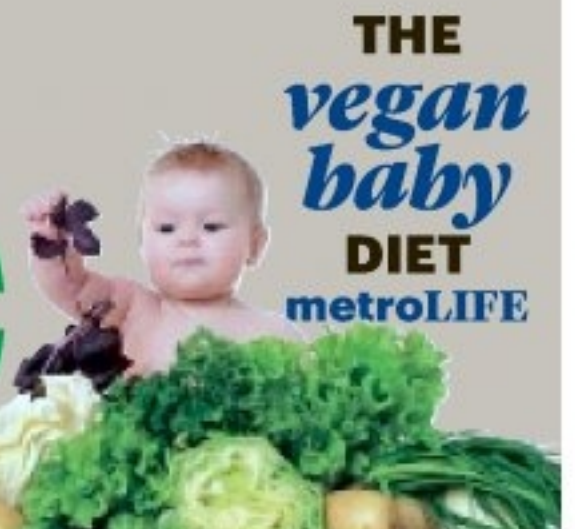


**Inside
Dennis Oland's
murder trial — and
the overturned
verdict**
metroNEWS



Halifax metro



HALIFAX'S #1 NEWSPAPER | TUESDAY, OCTOBER 25, 2016

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El Jones in studio at
CKDU at Dalhousie
University.
JEFF HARPER/METRO



INMATE OUTLET

Prisoners take to the airwaves on this radio show
hosted by Halifax's former poet laureate metroNEWS

Wanted: One strike mandate

EDUCATION

**Union confident
teachers will vote
'yes' to job action**



**Haley
Ryan**
Metro | Halifax

The union representing Nova Scotia teachers is confident their members will "have their voices heard" and deliver a strike mandate.

Teachers are holding a strike vote Tuesday following a decisive rejection of a tentative agreement earlier this month. The Nova Scotia Teachers Union (NSTU) executive has recommended teachers vote for strike action.

"It's really time that teachers' voices are heard by the government, and it's time that the government starts to listen to what we're saying — ultimately we want better education for our students," NSTU president Liette Doucet said Monday. "Teachers are ready to give us a strike mandate, and I'm feeling pretty confident about that."

Earlier this month, about 70 per cent of the 9,000-member union voted down the deal, with a 94 per cent turnout. The teachers also rejected an earlier settlement in a vote last November.

Although in both votes the executive had recommended its members accept the contract, Doucet said the union is "committed to working together," and the executive stands behind the decision to reject the deal.

After the conciliator's report was filed last week, there are 14 days and then a 30-day "cooling period" before job action could be taken, Doucet said, which would end around Dec. 2.



**We have to stand
up and say 'enough
is enough.'**

Liette Doucet

Doucet said even if the mandate is delivered, she can't speak to whether job action like a strike would happen, or what it would look like.

All of that will be determined through the process, Doucet said, which includes the executive weighing "all options."

Teachers "don't want to be on strike," Doucet said, and the ultimate goal has always been a hard commitment from the province on workload changes, like eliminating clerical work and data entry that takes attention away from students.



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Parental 'peer pressure'

HEALTH

Campaign targets sport specialization in young athletes

Parents are being warned about the dangers of early specialization in sport, in a new campaign that says over-focusing on one-sport skills may burn out younger athletes.

Carolyn Townsend, communications director with Sport Nova Scotia, said research has shown that kids who focus too much on one sport risk an increase in repetitive injuries, can stunt their athletic development, and are at risk of dropping out by the age of 14 or older because of burnout.

"There are about 65 (organizations) in our fold and there's not one of them that hasn't identified this as an issue," said Townsend.

"What we find happens is that parents get caught up in peer pressure. They listen to their coach who may or may not be educated and they listen to other parents."

The "Get More from Sport" campaign, launched Monday by Sport Nova Scotia in partnership with Hockey Nova Scotia and Soccer Nova Scotia, is aimed at parents of athletes 12 and under.

The campaign includes social media, billboards and a website with videos, information and a test parents can take to see if they are making the right choices for their child's athletic development.



Sidney Crosby works with kids on the ice this summer at Cole Harbour Place as part of the annual Sidney Crosby Hockey School. A new campaign is warning parents about the negative effects of early sports specialization for young athletes. JEFF HARPER/METRO

“Parents should know that if their kids play tennis 30 hours a week when they are age eight it's not a good thing. Jean Cote

Townsend said the goal is to get parents to visit the website where the videos in particular highlight the issues through humour. One involves a support group for parents that opens with a woman introducing herself as a "recovering soccer mom."

Brad Lawlor, executive director of Soccer Nova Scotia, said parents do feel pressure to keep their children in one sport in order to give them a potential edge. He said younger athletes are often enrolled in skills camps run by private businesses after their seasons

have concluded.

Lawlor said parents need to be educated on the athletic benefits of playing other sports in either an organized or informal way.

"You don't have to do that additional training," he said.

"If your child is playing basketball and they are getting the physical fitness element of that, it's going to help them in their other sport."

Jean Cote, a professor in Queens University's school of kinesiology and health studies, said early specialization is the

result of adults taking over and "professionalizing" youth sport.

Cote said aside from leading to problems such as injuries and dropout rates, it's taking away much of the fun for younger kids.

"The problem is as adults we think skill is the most important thing, but kids just want to play sports," he said. "If you have a kid who is having fun ... then they will be willing to invest to practise more and to do more to develop their skills."

THE CANADIAN PRESS

HOCKEY

Giguere and Russell to stop in Dartmouth



Haley Ryan
Metro | Halifax

Former NHL stars and a celebration of all things hockey will land in Dartmouth this November.

The Rogers Hometown Hockey Tour returns to Halifax Nov. 5 and 6, with appearances by former NHL players Cam Russell and Jean-Sébastien Giguère, plus broadcast hosts Ron MacLean and Tara Slone.

The weekend hockey celebration begins Nov. 5 at noon in Alderney Landing, and finishes up Sunday evening following the Rogers Hometown Hockey outdoor viewing party.

The viewing party broadcast kicks off with a special pre-game show hosted live on site by MacLean and Slone from the Sportsnet Mobile Studio beginning at 8:30 p.m. on Sportsnet, followed by the game with the Winnipeg Jets vs. the New York Rangers.

The free hockey-themed weekend will include games, activities, live local entertainment and food trucks for the whole family, as well as a viewing room where you go inside the NHL Situation Room to advise on a challenged play, find out what's it's like to be on the ice, and more with virtual reality.

A full schedule is still to come. For more on the tour, go to hometownhockey.com.



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Black Power Hour host El Jones in studio at CKDU at Dalhousie University. JEFF HARPER/METRO

Inmates find outlet on campus airwaves

DALHOUSIE

Program hosted by poet laureate hears prison verse

**Adina
Bresge**
For Metro | Halifax

Call-in shows on Dalhousie University's campus radio station have become a creative outlet for an unlikely audience — prisoners.

Inmates are taking to the airwaves to perform poetry and rap on the Black Power Hour, an educational program on CKDU co-hosted by former Halifax poet laureate El Jones. The show focuses on social and cultural issues relevant to black people, but is open all listeners, including those behind bars.

"I think what they have really connected to is the idea that they can have a voice beyond them-

selves," says Jones. "They have this role in creating something and they take that very seriously."

The poetic platform came about "organically," says Jones, and was largely driven by the prisoners themselves. She says Black Power Hour was spun off of another program on CKDU, Youth Now, at an inmate's request for more historical black content.

One of the first prisoners to call into CKDU was Aiden Cromwell, who is currently awaiting a new trial after his second-degree murder conviction was overturned.

Soon after other inmates heard his performance, Jones says, the phones started lighting up.

In some jails, Jones says, prisoners have formed poetry

collectives to prepare their best material for the show. Some pay up to \$7 to call into the program, and Jones says inmates have written into her saying they stay on their best behaviour to preserve their radio privileges.

Free expression can be therapeutic for prisoners, Jones says, who use the show to work out issues related to race, gender, love, family, being in prison and the actions that brought them there. Some of her favourite calls came from female prisoners who re-appropriated the machismo of hip-hop to tell men "we're not interested."

The process of sending someone to prison can be silencing, Jones says. She says in court, your lawyer speaks for you, but on the radio, you don't "have" to say anything.

"When you do say something, it's because you're making a choice to say what you're saying," Jones says. "I think that can be a really important part of returning people's voices to them."

Some object to giving criminals a platform, says Jones, and while she is especially sensitive to concerns about respecting crime victims, she says convicts can be victims as well.

"There's a false division that you're either a criminal or a victim, and once you become a criminal, you have no right to healing," she says. "We don't allow space in between that for working out ... trauma and problematic things."

The radio transmission goes both ways: It allows inmates to speak to the world beyond the prison walls, and gives people outside the opportunity to listen.

"I think that's a voice we're not hearing," Jones says. "Unless we expect people to be away forever, we're going to have to find ways to connect to them and I think this is one small step."

“There’s a false division that you’re either a criminal or a victim, and once you become a criminal, you have no right to healing.” El Jones

WEATHER

Water restrictions lifted after rain

Water restrictions in the Halifax area have been lifted thanks to the downpour this past weekend.

Halifax Water says Lake Major has been restored to

sustainable water levels after Sunday's showers added 68 millimetres of rain.

The conservation measures were put in place almost a month ago after this summer's

dry conditions drained parts of the lake.

The roughly 32,000 Halifax Water customers in Dartmouth, Cole Harbour, Westphal, North Preston and

Eastern Passage who were affected by the restrictions are now free to water their lawns, fill their pools and wash their cars as they please.

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SUNNY DAYS AHEAD (RAINY DAYS TOO) Two people in tuques make their way down the steps near the Old Town Clock on Monday. Environment Canada is calling for a mixed bag of rain and sun throughout the week. JEFF HARPER/METRO

Illegal trade up in smoke

CRIME

Duo caught with 70,000 smuggled cigs to face court



Zane Woodford
Metro | Halifax

A man from Halifax and woman from Dartmouth are expected to be in court in January after they were caught with more than 70,000 illegal cigarettes.

After a months-long joint investigation between the RCMP and Service Nova Scotia, a 57-year-old man and a 41-year-old woman were arrested after a traffic stop in the Fort Lawrence area on Friday.

"The targeted individuals, we had them under surveillance and we made the arrest at the right time," the

director of audit and enforcement for Service Nova Scotia, Bernie Meagher, said on Monday.

Meagher said they found 71,821 illegal cigarettes in the vehicle — a potential loss in tax revenue of more than \$19,000.

He said the type of cigarettes found were "uncommon."

"Quite often what we normally get are what are called 'baggies,' so they're in cellophane bags. This was illegally manufactured tobacco," he said.

"It's product that's been manufactured that's not eligible for sale in Nova Scotia."

Meagher said they'd found cigarettes like these before, but not in such a large quantity.

The man and woman were arrested and released, but have yet to be charged.

Meagher said they'd face multiple charges each under the Revenue Act and the Criminal Code.

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Dennis Oland arrives at the Court of Appeal in Fredericton Monday. ANDREW VAUGHAN/THE CANADIAN PRESS

Court quashes Oland conviction

APPEAL

Jacket colour issue could have influenced jury: Author

From the earliest days in Dennis Oland's murder trial, the Crown faced an uphill battle to convince jurors that a precarious balance of circumstantial evidence added up to a guilty verdict.

Nonetheless, in December jurors found the member of the clan that owns Moosehead Breweries guilty of the second-degree murder of his father, as family members wept loudly in the Saint John courtroom.

On Monday, New Brunswick's appeal court overturned the verdict, based on the trial judge's

lack of caution to jurors about how much weight to place on an alleged lie by Oland about the colour of the jacket he wore on July 6, 2011.

Greg Marquis, the author of the book *Truth and Honour* about the trial, said in a telephone interview that it's not surprising that a single piece of evidence could be so central, given that the Crown's case was a weave of evidence, and "all was circumstantial."

"It's the combination of this and other things that come together as a package are very powerful combined with their (the jurors') assessment of (Oland's) credibility as a witness," he said.

He recalled that after watching almost all the trial, he was somewhat surprised by the verdict and he had to spend some

TRIAL LENGTH

Greg Marquis said the case was one of the province's longest murder trials, with one of the most extensive charges ever made to a jury in New Brunswick.

time reflecting on what the jury might have considered.

He concluded that factors like Oland's statement to police in a taped 2011 videotaped interview that he was wearing a blue jacket, which was later disproved by video evidence in the trial, was one of the things jurors may have had to fall back on as they struggled with who to believe about the evidence presented.

"There were three or four things that if you believe he was innocent were just unfortunate coincidences. If you believe in his guilt then these things are part of the essential elements," said Marquis.

As Chief Justice Ernest Drapeau noted in Tuesday's ruling, there was "no smoking gun."

No murder weapon was found. No blood was found in Oland's car. There were questions about whether the stains were blood or some other substance.

Marquis said he came to believe the jurors disbelieved Oland's testimony in his own defence during the trial.

He doubts the appeal court ruling raises questions about the validity of jury verdicts, as the appeal court's decision focuses clearly on Justice John Walsh's instructions to the jury.

THE CANADIAN PRESS

INVESTIGATION

Retired officer charged with assaulting wife, stepdaughter



Haley Ryan
Metro | Halifax

A retired Halifax police officer has been charged with assaulting his wife and stepdaughter after a Serious Incident Response Team (SIRT) investigation.

On Monday, SIRT released its report regarding two recent allegations of assault against a former member of the Halifax Regional Police (HRP).

Both incidents are alleged to have occurred before the man retired on Sept. 1 of this year.

SIRT was contacted by the HRP on Oct. 6, who passed along information they had received about the former member.

As a result, SIRT began an investigation which included interviews with the officer's wife (now separated from the man) and his 15-year-old stepdaughter.

Last Friday, two charges of assault were laid against Stewart Travis, a 52-year-old retired HRP

member.

One charge alleges that Travis assaulted the stepdaughter on April 22, 2016, while the other alleges he assaulted his wife on May 26, 2016.

Both are alleged to have taken place in Bridgetown, where the family lived. SIRT is responsible for investigating all serious incidents involving police.

Stewart Travis was released on conditions and is set to appear in Annapolis Royal court on Nov. 24.

DIGBY

Lobster fisherman nets a strange catch

A Digby lobster fisherman hauled up a bit of a surprise.

Glen Oliver, first mate on the *Randi & Brianne*, was manning traps in the middle of the Annapolis Basin Oct. 22 when he saw something he'd never seen before. He hollered to captain Ralph Cummings to take a look.

"I've been fishing for 30 years and I've never seen one," he said. "I took a picture and sent it to Johnny. I knew he could figure

it out."

Cummings had caught a grey triggerfish (*Balistes capriscaus*) about a foot and half long with a deep body, tough leathery scales, eyes set back and high up on the body and a little beak-like mouth.

Cummings learned the hard way that inside the little mouth are two rows of sharp teeth.

"He bit me. I guess I had my hand too close to his mouth," he said. TC MEDIA

SPRYFIELD

Small explosion leads to fire

Halifax Regional Police say they found a detonated incendiary device at the scene of a fire in Spryfield.

Emergency crews responded to a small fire on River Rd. Sunday night.

At the scene, officers found evidence to suggest that a small incendiary device had been detonated in a wooded area. The fire caused no property damage and no one was injured, said police. METRO

+ REACTION: GASPS AND TEARS

New Brunswick's Court of Appeal has overturned Dennis Oland's conviction for the second-degree murder of his millionaire father, and ordered a new trial.

Oland showed no immediate reaction, but his wife, Lisa Oland, gasped as she held hands with Dennis's mother, Connie. Both women were in tears.

The appeal court rejected Oland's claim that the verdict was unreasonable, but found the trial judge did not properly instruct the jury on evidence around the jacket Oland was wearing the day of the murder.

Oland told police he was wearing a navy blazer,

but later admitted he was wearing a brown Hugo Boss jacket. The brown jacket was later found to have minuscule blood stains and DNA matching the profile of Oland's 69-year-old father, Richard, who was found bludgeoned to death in his Saint John office July 7, 2011.

The court's decision came in a packed courtroom Monday, with the public seating full more than an hour ahead of the ruling. Oland's family was in attendance, including Derek Oland, Richard's brother.

"I am very pleased," Derek Oland, said after the ruling. "We continue to believe Dennis is innocent."

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Morneau's views anger millennials

POLITICS

Minister says 'we have to accept' precarious employment

Ryan Tumilty
Metro
Ottawa

May Warren
Metro
Toronto

Opposition MPs, along with youth and labour advocates are hitting back at federal Finance Minister Bill Morneau for suggesting millennials should get used to working precarious jobs.

Speaking to Liberal Party insiders in Niagara Falls Saturday, Morneau said high turnover and short-term contracts for youth are here to stay and the government should prepare for it.

"How do we train and re-train people as they move from job to job to job? Because it's going to happen. We have to accept that," Morneau said during a question-and-answer session.

Conservative MP Matt Jeneroux said Morneau's comments show the minister is "out of touch with a lot of the younger generation."

NDP MP Niki Ashton, who's been consulting with young people across Canada about employment, said Morneau's

remarks were disappointing. "These comments are arrogant, they're insensitive and they clearly speak to a disconnect between Mr. Morneau and his government and what millennials in Canada are facing," she said.

Morneau's office did not respond to a request by Metro for comment by deadline.

Aliya Bhatia, director of community engagement with the Toronto Youth Cabinet, said acknowledging precarious employment is not enough.

Instead, she said the government must provide better protections for precarious workers.

Insecure work affects more than just millennials, Bhatia said, noting that thousands of workers without benefits or job security will have a negative impact on the nation's finances.

"If the entire economy is depending on people like me to buy a house in a decade, that's not going to happen," she said.

Andrew Cash, a former NDP MP who co-founded the Urban Workers Project, said there's "a ton of work that needs to be done on the government's side to build a stronger floor for all workers to stand on."

"I just think, no worker should get used to the way work is going," Cash said.



Yazidis, their family displaced by Daesh attacks, stand in their temporary home on Nov. 7, 2015, in Zakho, Iraq. Immigration Minister John McCallum says the Liberal government is prepared to start bringing Yazidi refugees into Canada within four months. GETTY IMAGES

Canada preparing to welcome Yazidis

Immigration Minister John McCallum says the Liberal government is prepared to start bringing Yazidi refugees into the country within four months.

He says the Liberals will support a Conservative motion calling for more support for the Yazidis, who have been singled out for particularly brutal treatment by Daesh.

McCallum says his department has dispatched people to the region to begin the immigration process, although he hasn't committed to a set number of Yazidi refugees.

He says, though, that they are a priority for the government.

One problem has been that the Yazidis have been mainly caught up in isolated combat zones, far from the refugee camps in Syria and Turkey which allow far easier access to officials seeking to screen and process newcomers.

The Yazidis are a Kurdish-speaking religious minority who used to dwell mainly in northern Iraq.

They have been targeted by Daesh militants, who have used rape, torture and mass murder against them.

The Conservative motion describes them as victims of genocide and sex slavery and calls on the government to do

all it can to aid Yazidi women and girls.

McCallum said Monday that his department is working on bringing in Yazidis, despite serious difficulties.

"It is not easy to bring the Yazidis here from the places where they are, but my department has sent an expedition out to the terrain and we are committed to bring them in within, as the motion says, 120 days or less," he told the Commons during question period.

Conservative MP Michelle Rempel said it's obvious what should happen.

"In this case it is easy to make priorities," she said.

"We should be bringing Yazidi women here."

McCallum said his officials are on the case.

"We are working very hard. We have just come back from a mission in the region to determine how many and from where and over what time period we will be welcoming more Yazidis to Canada. We have committed to do this and it will be done."

He said things are moving as quickly as possible.

"We certainly did not waste time when we brought 25,000 Syrian refugees to Canada in the space of six months," he said. THE CANADIAN PRESS

ALBERTA

Islamophobic posters making Edmonton Muslims feel unsafe

Ameya Charnalia
For Metro | Edmonton

A Muslim man says Islamophobic posters circulated over the weekend in a north-east Edmonton neighbourhood make minorities feel unsafe.

Explicit posters calling for a ban of Islam, which are too graphic and hateful for Metro to share, were circulated in the Evansdale area over the weekend.

"It does create a certain sense of fear because there's a lot of ignorance out there and there's a lot of racism," said Nouredin Zaamout, a graduate student at the University of Alberta. "It makes



Nouredin Zaamout
AMEYA CHARNALIA/METRO

you feel like you're part of a different world."

It is the third time in October that Islamophobic posters have popped up in Edmonton, said Aurangzeb Qureshi, vice-president of communications for the Alberta Muslim Public Affairs Council.

Edmonton police said they are investigating both the Evansdale posters and Islamophobic flyers distributed in the Calder area earlier this month.

Qureshi said the city and law enforcement need to take more steps to deter people from circulating the posters, which can promote violence against Muslims.

"That's where the line needs to be drawn and that's what law enforcement needs to understand — that you know what, a crime may not have been permitted per se, but this kind of stuff can lead to a crime."

The poster, which calls all Muslim men pedophiles, has a URL link at the bottom to an anti-Muslim group called "Stop Islamization of the World."

ELECTIONS

Expat voting ban legit, Liberals say

Allowing long-term Canadian expats to vote in federal elections is not a Constitutional requirement but a policy decision that Parliament has the right to make, the government plans to tell the country's top court.

Elected officials implemented the voting ban for those out of the country for more than five years as a matter of fairness, and the decades-old law is perfectly legitimate, the Liberal government argues in new filings with the Supreme Court of Canada.

At the same time, the Liberal government indicates in the documents — as it has done several times during and since last year's election — that it plans changes to the law.

"Parliament's 1993 choice ... had the pressing purpose of maintaining the fairness of the democratic system and

was a proportional limit," the government says in a statement of its case.

"If a new Parliament makes the judgment that the maintenance of this limit is not required any longer to ensure the fairness of the electoral system, that is a judgment that should be made by elected officials and Parliament. It is not required by the Charter."

The law, the Liberal government argues, recognizes that long-term non-residents have "different and less onerous responsibilities" under Canadian law and the ban was not intended as a value judgment on any individual voter.

In February, the Supreme Court is set to take up a challenge to the ban by two Canadians living in the U.S. The pair initially won a declaration in 2014 that the law infringed

ENFORCEMENT

While the ban has been on the books since 1993, it was only actively enforced under the former Conservative government of Stephen Harper.

their constitutional rights, but Ontario's top court — in a split decision — restored the legislation on the basis of preserving the "social contract" between Canadians and their government.

The expats appealing the ruling — as many as 1.4 million Canadians abroad are believed to be affected by the law — had wanted the government to abandon its defence of the ban given its promises to change the legislation. THE CANADIAN PRESS

Goodbye GLORIA!

Metro bids farewell to Gloria McCluskey



metroSPECIAL REPORT

Tuesday, October 25, 2016 9



Gloria McCluskey retires after more than two decades working for the people and city. McCluskey never lost an election in Dartmouth. CONTRIBUTED

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Goodbye GLORIA!

Metro bids farewell to Gloria McCluskey

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DARTMOUTH CENTRE
Councillor Elect

Thank you Gloria for your years of service to our community. You've helped so many and have been a tireless advocate for Dartmouth. I'm honoured to succeed you on Regional Council.

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While some call for term limits on councillors, McCluskey is proof that many citizens value long-serving councillors. CONTRIBUTED

'I'll be there to help people whenever I can'

LIFE AFTER POLITICS McCluskey finds purpose in family and city service since retiring

Jon Tattrie

Gloria McCluskey retired after the last election, but when Metro reached her by phone she was watching a live feed from the Nova Scotia Legislature and figuring out how to work for Dartmouth in a new way.

"I'll be there to help people whenever I can," she says. "There are a lot of people who live in areas of this city who live in [poor] conditions, and there's nobody to speak for them, there's nobody to go to the landlords, who are ignoring them."

McCluskey never lost an

election in Dartmouth. She never lost her fire, either. "I think today's Dartmouth is very progressive. There's a lot of change going on and that makes me happy," she says.

She singles out the generation of entrepreneurs, largely women, who have brought the downtown back to life. The Dart Gallery, Bodega Boutique and Trainyard General Store all show her a prosperous path ahead for her beloved City of Lakes. "I think they recognize that Portland Street is a great street for that. It has a lot of foot traffic and we have a lot of new residents living there."

She praises the man who will take the Dartmouth Centre seat at council, Sam Austin. "He's an energetic young man and I think he will work hard to do the job I was doing."

While some are calling for term limits on councillors, McCluskey is living proof that many citizens value long-serving councillors like her, too. "They certainly bring experience and knowledge. And the

reason they've served a long, long time is because residents are happy with the job they're doing," she says.

McCluskey often cuts to the core of life mid-interview. Once, when asked about former mayor Peter Kelly's departure, she compared his absence to that left when you pull your hand out of a bucket of water. It wasn't an insult — she was just recognizing that we are all replaceable at work. She knows the water will rush into her absence, too.

And talking after the municipal elections, her mind was on the holes people leave that never get filled. She spoke to Metro on what would have been her 64th wedding anniversary, more than four years after her husband died. "It was a day just like today — a beautiful day," she says. "It's a sad day for me today."

But her children and grandchildren (and aging dog) give her purpose, as does her ongoing work as the people's mayor of Dartmouth.

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McCluskey remained popular with residents through more than two decades of work in the community. JEFF HARPER

GLORIA MCCLUSKEY BIO Serving the city since 1985

Gloria McCluskey was first elected in 1985, when under the "Able, Accessible, Accountable" banner she won the alderman's chair for District 4 in the old city of Dartmouth.

In 1992, she became mayor when John Savage left for provincial politics. She strongly opposed amalgamation and left politics while the cities glued themselves together.

She re-entered politics in 2004, winning 54 per cent of the Dartmouth Central vote. She won by acclamation in 2008. She saw off six rivals in 2012, winning the seat with more than half the vote: 4,715 people voted for her — 3,000 more than her closest rival. JON TATTRIE

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Goodbye GLORIA!

Metro bids farewell to Gloria McCluskey



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A farewell from her colleagues



It has been a treat to work with Gloria and we have worked very well together. She entered politics at the same time as my Dad, and exited (for now!) while I am mayor. Gloria is a strong person with a soft heart. She always understood the needs of those who don't have much. Smart and prepared, she always led with her heart. She was, and remains, very special.

-Mayor Mike Savage



I came to regional council the same time as Gloria in 2004. Gloria is extremely generous and does many kind things anonymously. She loved her job because she loved serving her residents and I know she really didn't want to leave. Recently she called me her council buddy and I am honoured to call her my lifelong friend!

-Councillor Bill Karsten



When I think of Gloria's time in office there are two qualities that stand out: her absolute dedication to her district and her independent spirit. There are so many people in Dartmouth with stories about how Gloria helped them out and made their lives better. I didn't always agree with Gloria, but I appreciated that she didn't take what was put in front of her at face value.

-Councillor Sam Austin

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MILITANT THREAT

A dilemma for Iraqis near Mosul: Stay or flee

Bayda Muhammad Khalaf followed the government's advice to stay in her home with her husband and seven children as Iraqi troops advanced near their remote village outside militant-held Mosul. But after Daesh fled and Iraqi troops didn't appear, their food supply quickly ran out, and the family had to flee to search for territory firmly under government control.

Khalaf waited until she saw a passing shepherd, and then she and her family made the eight-hour walk out of no man's land behind a herd of sheep.

Eventually, Khalaf couldn't produce enough breast milk for her infant daughter.

Mosul, the largest city controlled by Daesh, is still home to more than 1 million civilians. The government and international aid groups fear that a sudden mass exodus will overwhelm the few camps set up on its outskirts.

More than 5,600 people have already fled areas near Mosul, according to the International Organization for Migration, with most heading through Daesh-

200,000

Around 200,000 Iraqis are expected to be displaced during the first weeks of the offensive to liberate Mosul, according to the Norwegian Refugee Council.

run territory toward the Syrian border, rather than in the direction of the advancing troops, who are converging from the north, east and south.

Camps have been set up to accommodate 60,000 people, but about 200,000 are expected to be displaced in the first weeks of the offensive, according to the Norwegian Refugee Council.

Both the Iraqi government and Kurdish authorities are mired in an economic crisis brought on by low oil prices and say they do not have the resources to care for such a large number of displaced people. So they have urged everyone to stay put. THE ASSOCIATED PRESS



Pakistani volunteers and police officers rush an injured person to a hospital in Quetta, Pakistan on Monday, after gunmen stormed a police training center in the restive southwestern province of Baluchistan. ARSHAD BUTT/THE ASSOCIATED PRESS

Attack kills dozens of police trainees

PAKISTAN

Authorities say group linked to al-Qaida may be responsible

Gunmen stormed a police training centre Monday in Pakistan's restive Baluchistan province and detonated explosive vests, killing at least 41 police trainees, authorities said.

Baluchistan's top health official, Noor Haq Baloch, said at least 106 people were wounded — mostly police trainees and some paramilitary troops.

Major General Sher Afgan, chief of the paramilitary Frontier Corps, told reporters that the attackers appeared to be in contact with handlers in Afghanistan. He said the attacker belonged to the banned Lashker-e-Jhangvi group, an Islamic militant group affiliated with al-Qaida.

Haq said many of the trainees were killed when the gunmen detonated explosive vests.

Baluchistan Home Minister Sarfaraz Bugti said one of the

attackers was killed by security forces and two detonated their explosive vests. He said security forces have completed their operation but were still engaged in the cleanup process.



They were rushing toward our building firing shots.

Unnamed police trainee

ately after the attack.

In Monday night's attack, between four and six gunmen opened fire as they attacked the hostel at the police training

centre in a suburban area of the provincial capital of Quetta.

"They were rushing toward our building firing shots so we rushed for safety toward the roof and jumped down in the back to save our lives," one of the police trainees told Geo television.

Baluchistan police chief Ahsan Mahboob told reporters that four gunmen attacked the training centre, attempting to enter the hostel housing the trainees. A gun battle erupted when the guards resisted, he said.

Mahboob said forces surrounded the hostel. A statement issued by the military put the number of attackers at up to six.

THE ASSOCIATED PRESS

NORTHERN IRELAND

Bakery loses appeal over gay-rights cake

A Belfast bakery on Monday lost its appeal of a ruling that it discriminated against a gay customer by refusing to bake a cake decorated with a message supporting same-sex marriage.

The judgment against Ashers Baking Co. found that the family-run chain was wrong to treat gay customers any differently from heterosexuals. The Ashers directors argued they were happy to bake goods for anyone but could not put messages on their products at odds with their Christian beliefs.

The Northern Ireland Equality Commission pursued the lawsuit against Ashers on behalf of the spurned customer, who had ordered the cake for a gay rights event. Monday's judgment by the three-judge Court of Appeal found that the bakery had discriminated against the customer and violated British human rights law.

Lord Chief Justice Sir Declan Morgan rejected the bakery's central argument that it would be endorsing gay marriage by making the cake. THE ASSOCIATED PRESS



Migrants waited in chilly temperatures Monday to board buses in Calais, France as authorities began dismantling the camp referred to as 'the jungle'. EMILIO MORENATTI/THE ASSOCIATED PRESS

FRANCE

Calais migrants facing an uncertain fate

France began the mass evacuation Monday of the makeshift migrant camp known as "the jungle," a mammoth project to erase the humanitarian blight on its northern border, where thousands fleeing war or poverty have lived in squalor, most hoping to sneak into Britain.

Before dawn broke, long lines of migrants waited in chilly temperatures to board buses in the port city of Calais, carrying meagre belongings and timid hope that they were headed to a brighter future, despite giving up their dreams of life across the English Channel in Britain.

Closely watched by more than 1,200 police, the first of dozens of buses began transferring them to reception centres around France where they can apply for asylum. More police patrolled inside the camp, among them officers from the London police force.

Authorities were expected to begin tearing down thousands of muddy tents and fragile shelters on Tuesday as the migrants vacated them.

Migrants have flocked to the Calais region for nearly two decades, living in mini-jungles. But the sprawling camp in the sand



It's not good, the jungle.

Mahmoud Abdrahman

dunes of northern France became emblematic of Europe's migrant crisis, expanding as migrant numbers grew, evolving into Europe's largest slum, supported by aid groups.

"It's not good, the jungle," said 31-year-old Mahmoud Abdrahman of Sudan. "Eating not good. Water not good, shelter not

good, no good toilets." He said he would leave Tuesday when lines were shorter, gesturing to a black knapsack that was all packed to go as proof he was ready.

Ultimately, Abdrahman said, he wanted one thing more than anything else.

"I need peace," he said.

Home to migrants from Afghanistan, Sudan, Eritrea, Syria and elsewhere, the closing of the camp fell like a stone on many as the reality of the evacuation sunk in and plans had to be made. Uncertainty and a lack of precise information left many fearful. THE ASSOCIATED PRESS

Belgium holds up Canada-EU deal

ECONOMY

European Union president, PM Trudeau hope for compromise

The European Union and Canada tried to remain upbeat Monday about the prospects for their trans-Atlantic free trade pact despite a small Belgian region persisting in its refusal to back the deal.

After the setback early Monday, EU President Donald Tusk and Canadian Prime Minister Justin Trudeau spoke by telephone and the EU leader said afterward "there's yet time" to find a compromise solution.

A joint summit for signing the long-delayed trade deal is scheduled for Thursday, offering the two leaders and Belgian officials little time to persuade the Wallonia region.

Without all Belgian regions supporting the agreement, Belgium cannot sign and the EU

needs unanimity from all of its 28 member states.

"We encourage all parties to find a solution," Tusk said in a Twitter message.

Canada's International Trade Minister Chrystia Freeland says she, too, is still hopeful that a Canada-EU trade deal can be salvaged, but "the ball is in Europe's court."

The expressed optimism that a deal could be secured within days came as a surprise since Wallonia had said it has too many concerns to overcome by Thursday.

The EU Commission, which has negotiated the deal on behalf of the 28 nations, insisted that this week's summit was not the final deadline.

Politicians in Wallonia, which is smaller than the U.S. state of New Jersey, argue that the proposed Comprehensive Economic and Trade Agreement would undermine labour, environment and consumer standards.

Proponents say it would yield billions in added trade through tariff cuts and other measures to lower barriers to commerce.

WALLONIA

The region: Wallonia makes up 55 per cent of Belgium.

Why they oppose it: Wallonia's politicians say the trade agreement undermines labour, environment and consumer standards. A key hurdle is "private arbitration" where multinationals can legally challenge governments on policies.



At the same time, the EU says it will keep in place the region's strong safeguards on social, environmental and labour issues.

THE ASSOCIATED PRESS



ROBOTICS CHINA SHOWCASES CANBOT AT TECH SHOWCASE A Chinese boy shouts into the Canbot, a companion robot, displayed during the World Robot Conference in Beijing, China. China is showcasing its burgeoning robot industry as it seeks to promote use of more advanced technologies in Chinese factories and create high-end products. NG HAN GUAN/THE ASSOCIATED PRESS

VANCOUVER

Recycling initiative nets 48k coffee cups



Wanyee Li
Metro | Vancouver

Linda LePrete collected more than 400 paper coffee cups in just a few blocks in downtown Vancouver, earning her \$20 after she dropped them off at the Binners' Project pop-up depot Monday morning.

Organizers of the third annual Coffee Cup Revolution aim to show governments that setting up a deposit-return program for paper coffee cups would keep them out of landfills and provide another source of income for Vancouver binners, who already collect cans and bottles. The Bin-

ners' Project pop-up depot collected 48,000 paper coffee cups — the most ever — this year.

Most paper coffee cups end up in the landfill but the Binners' Project will give the 48,000 paper coffee cups it received Monday to Regional Recycling.

For some binners, a refund-deposit program for coffee cups is the difference between dinner and a missed meal.

The Binners' Project fundraises throughout the year to provide enough money for the Coffee Cup Revolution event, where it gives people five cents for every coffee cup brought in. The organization's director wants to hold the event more often but can't because of insufficient funds.

IN BRIEF

Beverage industry must lower calories: Organization

A top economic research organization says Canada's beverage industry will have to do more than rely on recent trends to reach its target for reducing the calories people consume through soft drinks and similar products amid concerns over obesity rates. THE CANADIAN PRESS

Wal-Mart stops accepting Visa cards in Manitoba

The dispute between Wal-Mart Canada and Visa over merchant fees escalated Monday as the retail giant stopped accepting the credit card at its 16 stores in Manitoba. THE CANADIAN PRESS

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EMMA TEITEL ON THE VIRTUES OF BASICNESS

Because I myself am a little basic, and because I hail from an ultra-basic town, I am moved to defend the 'pumpkin entertainment complex.'

A few years ago when I was working at Maclean's Magazine, I wrote a column about the increasingly popular term "basic bitch," an epithet used to describe young women who embrace, with unapologetic zeal, anything and everything mainstream — from fashion and literature to music and beverages.

In the piece I argued that though many believe "basic bitch" is a strictly pejorative term, thousands of women (some of my own best friends, included) have chosen to reclaim it in a playful, self-deprecating way. For example, one Basic B might say to another: "OMG, I live-tweeted the Bachelor last night. How basic am I?"

BBs, as I like to call them — or us — vary from culture to culture, but the archetypal North American Basic Bitch is (despite the term's origin in hip hop) widely regarded as a well-to-do white girl who fancies Uggs boots, Taylor Swift, frozen yogurt, throw pillows embroidered with alliterative wisdom (live, laugh, love,) and the be-all-end-all of basicness: the PSL, a.k.a. the pumpkin-spice latte.

The PSL is Starbucks' most popular fall beverage: a hot, sweet sludge, originally launched in 2003, that skyrocketed to viral fame circa earlier this decade, when BBs began documenting themselves indulging in the autumnal drink on social media.

When I wrote my basic-bitch piece in 2014, I got a lot of flak for advocating that women reclaim what many

believed to be a sexist and derogatory term. Little did I know, however, that just a few years later, it would appear everyone under the sun

University of British Columbia and the University of North Carolina, the pumpkin spice economy — a corporate cornucopia of pale orange bath



BASICALLY HARMLESS A fondness for pumpkin spice may be hard to defend on esthetic terms, but there has to be something redeeming about something so popular. CONTRIBUTED

— not just millennial white women named Caitlyn and Mackenzie — would be in a position to reclaim the term. Because it appears everyone under the sun is now following one of the core tenets of basicness: the love of all things pumpkin spice.

Today "pumpkin spice" is literally everywhere: from Starbucks to school cafeterias, and bars to bathrooms (where you can find pumpkin spice soap and pumpkin spice martinis.) Last year Forbes estimated that the "pumpkin spice economy" was worth \$500 million. In other words, we are all a little bit basic.

Or are we? According to a seemingly silly but fascinating study published last year called The Perilous Whiteness of Pumpkins, by researchers Lisa Jordan Powell and Elizabeth S.D. Engelhardt, from the

bombs, baked goods, specialty beers and even hairspray — is indicative of white privilege and wealth.

"Even when we move away from ephemeral flavors of pumpkin and pumpkin spice," the researchers argue, "whiteness and cultural symbols cluster around visual images of pumpkins. Aspirational lifestyle magazines, social media pumpkins and reality television competitions come together in a veritable pumpkin entertainment complex, whose multiple manifestations continue the entanglements of pumpkins, social capital, race and place."

I find this idea profoundly interesting, and I understand where the researchers are coming from. I haven't seen many people who aren't well-heeled, white and female shell out seven bucks for a PSL at

Starbucks.

But because I am myself, let's face it, a little basic, and because I hail from the ultra-basic town of Richmond Hill, Ont., I am moved to defend the "pumpkin entertainment complex."

Yes, I am aware that when we indulge in all things pumpkin spice and flaunt our pumpkin spice products online we are flaunting our status as members of an unthinking, capitalist cult.

But I am aware of something else, too, something arguably far more important than this. It's fall outside.

Look at the colours! Look at the leaves! The sweaters! The charming satchel bags!

It's impossible to be a cynic, in the end, about the Pumpkin Spice Industrial Complex, because what it points to, more than class or privilege, is a totally nerdy, innocent and almost childlike excitement about the changing of the seasons.

And that's the surprisingly neat thing about so-called "basicness." A love of all things mainstream can present itself as an ode to capitalism. But it can also present itself as a radical rejection of cool.

For example, almost every coffee shop in my Toronto neighbourhood, even the most hipster ones imaginable, have begun advertising homemade, pumpkin spice products. When I asked a barista recently why there were so many pumpkin-derived snacks on display in his store this week, he said, matter-of-factly, with a rare smile on his face, "It's just something nice to ring in the fall season, ya know?"

It's a cold world out there. There's no shame in warming up by a fire with a PSL and a good book. If you need a recommendation, I hear Nights in Rodanthe, by Nicholas Sparks, is fantastic.

Emma Teitel is a national columnist for the Toronto Star.



For Lindell Smith, the real work still lies ahead

HALIFAX MATTERS

Stephen Kimber



First, of course, there is the symbolism.

Lindell Smith is Halifax's first black city councillor since 2000.

But not just.

Early in his race for District 8, a campaign worker warned the corn-rowed, goateed Smith he'd have to "deal with people looking at you like you're Snoop Dogg trying to be a politician."

Rather than change, Smith made sure voters in white neighbourhoods also got to know bright-young-local-library-assistant-crime-prevention-advocate-inspirational-public-speaker Smith too.

As Toronto community activist Andray Domise reflected admiringly after the electoral-fact in Maclean's: "There's black and there's black... This is the genuine, non-conforming, and natural black aesthetic with which Smith is comfortable, and which he kept during the campaign."

By staying true to himself in a city with a sorry history of racial divide, Smith won 53 per cent of votes in a field of seven candidates, including another black community worker and a former councillor.

Noted The Canadian Press: "His supporters were of all races, ages, sexualities and genders."

No wonder the national media lined up for interviews.

And then, of course, there is Smith's age. At 26, he is at least 15 years younger than the previous council's youngest member.

In an election with the most dismal voter turnout since before the 1996 amalgamation, with female representation cut in half and no other minority candidates elected, Lindell Smith inevitably becomes our beacon of hope for change.

But to transform hope into positive reality that will encourage other young people, particularly those from racial and other minorities, to see city council as worth caring about and participating in, Smith must do more than be himself.

He's off to a good start. Earlier this month when The Coast polled candidates on what they'd Googled most recently, Smith's answer: "Vancouver's living wage policy."

Smith acknowledges there's lots of "unglamorous work" ahead to bring forward a successful living-wage proposal, but he says he's ready to do that.

A reason for optimism that's more than just symbolic.

*** This will be my last weekly column for Metro. It's been a fun ride.

When I began this column soon after the demise of the Daily News, I was not optimistic Metro could succeed. I was, happily, wrong. Thanks to its talented, dedicated reporters and editors, the paper has consistently punched well above its editorial weight, a fact highlighted last week with news it is now the most read paper in the city.

My thanks to editor Philip Croucher for the privilege of writing this column — and to you for reading it.

What the Pumpkin Spice Industrial Complex points to, more than just class or privilege, is nerdy excitement about changing seasons.

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The struggle for female chefs

FOOD INDUSTRY

Jamie Oliver says diversity needed in kitchens

Melita Kuburas
Metro | Canada



There's a downside to being one of the most recognizable faces in the restaurant business, such as being asked for a selfie while going to the toilet.

"It does get a little bit weird sometimes," jokes Jamie Oliver during a recent drop-in to his restaurant at Toronto's tony Yorkdale mall.

But the upside of fame is the power to bring attention to different issues in the food industry (Oliver even got the ear of the prime minister this month, speaking about child obesity). His latest comments during his trip to Canada, where he has two restaurants in partnership with King Street Food Company, show an attempt to tackle gender disparity in the business.

"In the U.K., we're at 11 per cent (women) in the kitchen. And that's probably about 50 per cent higher than the average," he says, about his staff. He would like to see a more even gender split, "but we struggle to get them into the business," Oliver adds.

"The reason we want (women) in the kitchen isn't to be politically correct. It's because they look at stuff differently; they see things differently. They make



Celebrity chef Jamie Oliver says only 11 per cent of the kitchen staff in his U.K. restaurants are women. Simona Bonelli, executive chef at Jamie's Italian Canada at Yorkdale mall, hopes to change that figure here in Canada. CHRIS YOUNG/THE CANADIAN PRESS; MELITA KUBURAS/METRO

a kitchen flow differently and that's what we want."

While the 11 per cent statistic for female chefs is about the same in Oliver's Canadian restaurants, the executive chef at the fast-paced Yorkdale location — where they serve up to 1,100 people on a typical Saturday night — is a woman. Simona Bonelli has worked in Europe and North America for the past 20 years and says there has "always been a lack of female chefs, for sure."

At Jamie's Italian Canada, she keeps an upbeat mood by making the staff laugh and having

co-workers take over for those who start to fade when fatigue sets in.

"It requires a lot of endurance," Bonelli says. "I do a lot of sports — cycling, running long distances. I come at it a certain way. I train to endure the physical stress. Not everybody's made for it."

If you like crossfit or bootcamp, you will like working in a kitchen — no matter what gender you identify with, says Christine Beard, executive pastry chef instructor at the Pacific Institute of Culinary Arts in Vancouver.

"In pastry, you're lifting 50-pound bags of flour, 25-kilo boxes of butter. You've got sheet pans and racks and you're taking out large slabs of cakes in and out of the freezer, so it is very labour intensive," she says.

Beard, who was part of the pastry team at Fairmont Washington DC and helped open Bouchon in Beverly Hills, says an increasing number of women are choosing to stay in the industry because they have more female mentors. "Having women in those positions makes it more feasible as a young student coming in ... to see yourself taking a

I think when you choose to do it, you have to be pretty tough. Every female chef that I've met — they're tougher than the guys.
Simona Bonelli, executive chef, Jamie's Italian Canada



leadership role in the industry."

At the Pacific Institute of Culinary Arts, where they take in 60 students per term, the gender split this fall was 50/50, whereas six years ago it used to be about 70/30, male dominated, says, Julian Bond, executive chef and VP.

He believes the stereotypical ego-driven, male-dominated culture that might turn both men and women off from getting into the business is "so old school."

Yes people swear, but gone are the days of fraught relationships between front and back, and day and night workers, he says.

Beard agrees, noticing a considerable change in the last few years especially.

"It's come to that point now in our industry that people are not as accepting of that behaviour, and if you don't respect your staff, then your staff are going to leave."

HEALTH

Fruit juice is not fruit, and other possible changes to the food guide

Genna Buck
Metro Canada



Health Canada is feeling very "over" the rainbow when it comes to the Canada Food Guide.

The agency is seeking the public's input on how to make the new, overhauled nutrition manual — due out by the end of 2018 — more practical and relevant to the way Canadians

actually eat.

Health Minister Jane Philpott announced the online public consultations in a speech in Montreal on Monday. She said the current one-size-fits-all guide isn't easily adaptable for people with food sensitivities or in line with the latest scientific evidence.

A senate committee report in March suggested it may be time to scrap the classic food guide rainbow, which focuses narrow-

ly on getting enough nutrients, in favour of more down-to-earth advice about what foods to include with every meal.

The guide, which was last updated in 2007, demonizes dietary fat and is not critical enough of added sugars and refined carbohydrates, which are linked to obesity and Type 2 diabetes, the report said.

University of Guelph nutritional science professor Genevieve Newton said if the senate

recommendations are followed, "The entire document will look different."

"It's not possible to focus on one or two changes. If I had to prioritize, I think the focus on whole rather than processed foods and a requirement for unbiased consideration of evidence are critical," she said.

Nevertheless, there are a few specific pet peeves Newton would like to see fixed: "Including fruit juice as 'fruit'

2007

The guide, which was last updated in 2007, demonizes dietary fat and isn't critical enough of added sugars.

should not be there. And there should be a reduced emphasis on carbohydrates and an awareness that not all "grains" are

created equal," she said.

The new food guide is part of a larger, multi-year federal healthy eating strategy that will also include new food labelling rules and limits on advertising unhealthy foods to children.

Ads directed at children are already banned in Quebec. The province has seen a decline in fast-food consumption among children and also has one of the lowest childhood obesity rates in the country.

Vegans with mouths to feed speak out

NUTRITION

Restrictive diets for kids can be safe, advocates say

There's a right way and a wrong way to raise a baby on vegan food. Those who get it wrong, parents say, give the responsible ones a bad name.

A Pennsylvania mother claiming to be vegan was charged this month with child endangerment for feeding her baby nothing but small amounts of nuts and berries. In Italy, after a number of vegan babies required hospitalization for malnourishment, a lawmaker this summer proposed a bill that would make it a crime to feed children under 16 a vegan diet.

Those cases are not about

veganism at all, but are instead about neglect, say parents who are raising their children vegan. Pinning bad parenting on vegan diets, some say, unfairly stigmatizes those who have done their homework and are safely raising their babies without feeding them animal products like meat and dairy.

"They stress the elements of veganism in these stories, but it's not that these people aren't giving their children the right kind of food, it's

“

These are critical times in brain development, and (a vegan diet) has to be done carefully.

Dr. Sheela Magge, endocrinologist

that they aren't feeding them," said Fulvia Serra, of Fort Collins, Colorado. The native of southern Italy is raising her 1-year-old son vegan, and her 12-year-old daughter is vegetarian.

"To get a child to the point of starvation, it means you are ignoring him and his crying all the time," she said. "It's neglect."

The American Academy of Pediatrics' book *Pediatric Nu-*



Vegan mother Fulvia Serra holds her 1-year-old son, Sebastiano, at home in Fort Collins, Colo. Serra, originally from Italy, and her husband, Scott, are raising their son vegan. Despite criticism and innuendo from some circles, pediatricians and nutritionists agree it's perfectly healthy to feed babies a vegan diet. AP PHOTO/BRENNAN LINSLEY

trition devotes a chapter to vegetarian and vegan diets. It describes how, with sound nutrition and dietary planning, "it is possible to provide a balanced diet to vegetarians and

vegans."

"For children in general you can have a safe vegan diet, but it has to be in consultation with a pediatrician or health care provider," said Dr. Sheela

Magge, an endocrinologist at the Children's National Health System. "These are critical times in brain development, and it has to be done carefully."

The ideal first food for

babies is breast milk, Magge said. Many vegan moms opt to breastfeed, but for those who can't or don't, the only other option is a soy-based formula.

Key nutrients for babies are Vitamin B-12 and Vitamin D, as well as iron, zinc and calcium, Magge said. Getting enough B-12, which comes from milk and eggs, is a specific concern in the vegan diet, since a shortage can lead to neurological problems.

As babies nurse less and start consuming more solid foods, parents need to make sure all the nutrients necessary for proper development are being provided.

A pediatrician can help guide parents and offer supplements if needed.

Parents raising vegan kids need to be armed with facts, like being able to rattle off which foods and supplements are providing adequate vitamin B-12 and protein and where their kids are getting calcium.

For those who would question the safety of raising vegan babies, her suggested response is: "The doctors say we are doing it right."

THE ASSOCIATED PRESS

HEALTH CANADA

Fighting for abortion pill access

Sexual health advocates are intent on making Canada the most permissive country in the world for a heavily regulated abortion pill expected to hit shelves next month.

Mifegymiso has been available elsewhere for nearly 30 years and is approved for use in more than 60 countries with varying restrictions. In some cases, that includes the demand that only a doctor be allowed to hand the drug to the patient — rather than a pharmacist — and that the woman swallow the pill at a clinic in front of her physician,

instead of privately in the comfort of her own home.

It appeared similar restrictions were imposed when Health Canada approved the drug, but ongoing pressure seems to be loosening several key conditions as its expected November debut approaches.

The federal regulator issued a clarification last week stressing that a woman does not need to ingest the drug in front of a doctor at a clinic, as is required in the United Kingdom, France, the Netherlands and Sweden.

Meanwhile, a call-to-action led

by the B.C. doctors and advocacy groups including Action Canada for Sexual Health & Rights is hammering away at other perceived hurdles to accessibility: including its \$300 cost, certification requirements for the prescribing doctors, and limiting use to no more than seven weeks after a woman's last period.

"Why should abortion medication be subject to that scrutiny? It shouldn't be," executive director Sandeep Prasad said of the myriad restrictions on the drug, also known as RU-486.

THE CANADIAN PRESS

Price Domestic Short Hair

Price is a 5-year old female cat with a lot of character. She is perky and playful, enjoying her toys and interacting with visitors. Her energy levels suggests that she will thrive in a home where she can run around and burn off energy. Price does not like other cats, so she will need to be the only cat ruling the roost and would love to go home with one or more humans who will have time to focus on her and play with her. She was a stray who was found by a local cat rescue group who then transferred her to the SPCA shelter, so she can meet more people and find her forever home.

For more information on Price and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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5 Halsey Steinfeld ft. Zedd and Grey
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3 Tory Lanez
Luv

2 Twenty One Pilots
Heathens

1 Bruno Mars
24K Magic

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101.3 Virgin Radio

Bar set high for Raps ahead of new season

NBA

Postseason loss to Cavs helped franchise hit new heights

The Toronto Raptors walked off the Air Canada Centre floor last season to a standing ovation and rousing cheers. They had just been ousted by the Cleveland Cavaliers in Game 6 of the Eastern Conference final, but the moment was the culmination of the Raptors' most successful season in franchise history.

They'll carry lofty expectations when they step back on the court against the visiting Detroit Pistons in their season-opener on Wednesday night. Suddenly, it seems, nothing but a long playoff run will be good enough.

In typical fashion, the Raptors aren't making any bold predictions — coach Dwane Casey says continued growth is key, even if it's not "as exciting and sexy as outlandish predictions."

And the Raptors talk about valuable lessons learned over the roller-coaster post-season.

"You kind of get the blueprint, when you understand how difficult it is," said DeMar DeRozan, who signed a hefty five-year contract worth US\$139 million in the off-season. "You really understand how hard you have to play when you have the opportunity to close out a series, little things like that, just understanding the blueprint, is really going to help us."

The Raptors remain young, with nine players under the age of 25, but brought back the core of the squad that won a historic



Raptors' centre Jonas Valanciunas appreciates the response from fans after the Raptors lost the Eastern Conference final in Game 6 by the Cavaliers at Air Canada Centre. DAVE SANDFORD/NBAE VIA GETTY IMAGES

\$139M

The worth of DeMar DeRozan's new 5-year contract with the Raptors (in U.S. dollars).

56 games in the regular season, and took two games off Cleveland before bowing out in the conference final. "We may not win as many games as we did last year, but that could make us a better team going into the post-season, and that's what we've got to keep in mind," DeRozan said. "We can't get caught up in comparing us to last year."

The most significant changes are the loss of athletic big man Bismack Biyombo, who left for Orlando in the off-season, and the addition of Jared Sullinger, who

signed with Toronto in the summer but was to undergo surgery on his foot Monday and could be sidelined for as much as a quarter of the season.

A healthy DeMarre Carroll would make a big difference. The Raptors never saw the best of Carroll, who had knee surgery in January and played in just 26 regular-season games, never quite at full health.

Jonas Valanciunas also missed 22 games in the regular-season. He was outstanding in the post-season before being derailed by an ankle injury that proved costly to Toronto.

The Raptors' cornerstones of DeRozan and Lowry are newly minted Olympic champions, helping the United States to gold. That experience in Rio was the "best graduate course" in basketball, said Casey, and the Raptors could reap the rewards. "I can just see the confidence," said the

“

It's the motivation of knowing what it felt like being two games away from having an opportunity to compete for a championship.

Demar DeRozan on what will fire up the team this season

coach. If last season raised the expectations and excitement of Raptors fans, it's done the same for the team.

"It's the motivation of knowing what it felt like being two games away from having an opportunity to compete for a championship," DeRozan said.

THE CANADIAN PRESS

WORLD SERIES

Cubs fans realizing the price of history

Fans hoping to see the Cubs play in the World Series for the first time since 1945 are finding a seat could cost them more than what their grandparents paid for their houses.

The euphoria from Saturday night's victory over the Los Angeles Dodgers gave way Monday to the realization that history doesn't come cheap.

Box seats on ticket-selling sites such as StubHub were \$50,000 and up, with one seller asking \$100,000 for a seat and another asking for just under \$1 million. But there are lots of box seat tickets in the \$5,000 to \$10,000 range.

Tickets to just get into the

park and stand behind those with actual seats were going for more than \$2,200 each.

List prices for World Series tickets at Wrigley range from \$85 to \$565, according to Major League Baseball figures.

World Series tickets cost a lot more in Cleveland, too — well above the \$83 to \$750 list price range that MLB provided for Progressive Field — but are not as expensive as those in Chicago. And there are indications that Cubs fans, getting a look at what they'd pay at Wrigley versus Progressive, are buying two tickets: one for a plane and one for a game.

THE ASSOCIATED PRESS

MLB

Bautista and Edwin will receive offers

At the very least, sluggers Jose Bautista and Edwin Encarnacion are expected to receive qualifying offers from the Blue Jays. Whether they'll be back in Toronto still remains as uncertain as it did when the club was eliminated from the playoffs last week.

The first step for the front office is finalizing an off-season plan that will be taken to the team owners, general manager Ross Atkins said Monday during a season-ending media availability. From there, they'll have a better idea on payroll flexibility and can really focus on addressing roster needs for the 2017 season.

"What I can tell you is that



Blue Jays' Edwin Encarnacion, left, and Jose Bautista

BOTH GETTY IMAGES

we're trying to win and we're going to continue to try to win," Atkins said.

"I think that's what drives us, that's what motivates us and that's what we're looking to do in any way possible."

THE CANADIAN PRESS

NFL IN BRIEF

Injured Bears' QB Cutler to return for Vikings test

Bears quarterback Jay Cutler will return from a thumb injury to play against the Minnesota Vikings on Oct. 31.

Cutler has been out since he suffered a thumb sprain in a Sept. 19 loss to the Philadelphia Eagles. Coach John Fox said Monday that Cutler has been cleared to play in the game next Monday night.

THE ASSOCIATED PRESS

Jets' Smith seeking second opinion on ACL injury

New York Jets pivot Geno Smith has a torn anterior cruciate ligament in his right knee and is seeking a second opinion on the injury that would end his season.

NFL Network first reported the severity of Smith's injury Monday. Smith was injured after being sacked by Baltimore's Matt Judon during the Jets' 24-16 win Sunday.

THE ASSOCIATED PRESS



Edmonton's Cam Talbot
CODIE MCLACHLAN/GETTY IMAGES

NHL

Oilers' Talbot named first star

Edmonton goalie Cam Talbot was named National Hockey League first star of the week Monday after leading the Oilers to three victories last week.

Talbot had a shutout, a goals-against average of 1.00 and a save percentage of .970 over the stretch. He made

31 saves in a 3-2 victory over the Carolina Hurricanes last Tuesday and stopped 34 shots in a 3-1 triumph over the St. Louis Blues two days later.

The 29-year-old native of Calumet, Ont., capped the week with a 3-0 victory over the Winnipeg Jets in the Heritage Classic

game on Sunday. Chicago Blackhawks centre Artem Anisimov was the second star and Detroit Red Wings defenceman Mike Green was the third star.

Anisimov had seven points in three games and Green had five points over four games.

THE CANADIAN PRESS

RECIPE Spicy Carrot Soup



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

• Plain yogurt to garnish

Soup season is now in full swing and you'll want this simple, flavourful bowl of goodness in your roster.

Ready in 40 minutes

Prep time: 10 minutes
Cook time: 30 minutes
Serves 4

Ingredients

- 2 Tbsp of olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1/2 inch of fresh ginger, minced
- 1 tsp chili
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- 3 or 4 carrots, peeled and chopped (enough for about 3 cups)
- 3 cups low sodium vegetable or chicken stock
- Juice of half a lemon (about 2 or 3 Tbsp)

Directions

1. Warm a glug or two of olive oil in a large pot or Dutch oven over medium heat.

2. Sauté onions, garlic and ginger for about 2 minutes. Stir in spices and cook for another minute or so. Add carrots and stir well until they are coated lightly in oil and spice. Add stock and increase the heat until it boils. Reduce and allow to simmer for about 20 minutes or until carrots are quite tender.

3. Purée in small batches until the soup is quite smooth. You may need to add a little water or stock to thin it if it's too thick. Stir in lemon juice. Taste and check seasoning.

4. Serve garnished with yogurt.

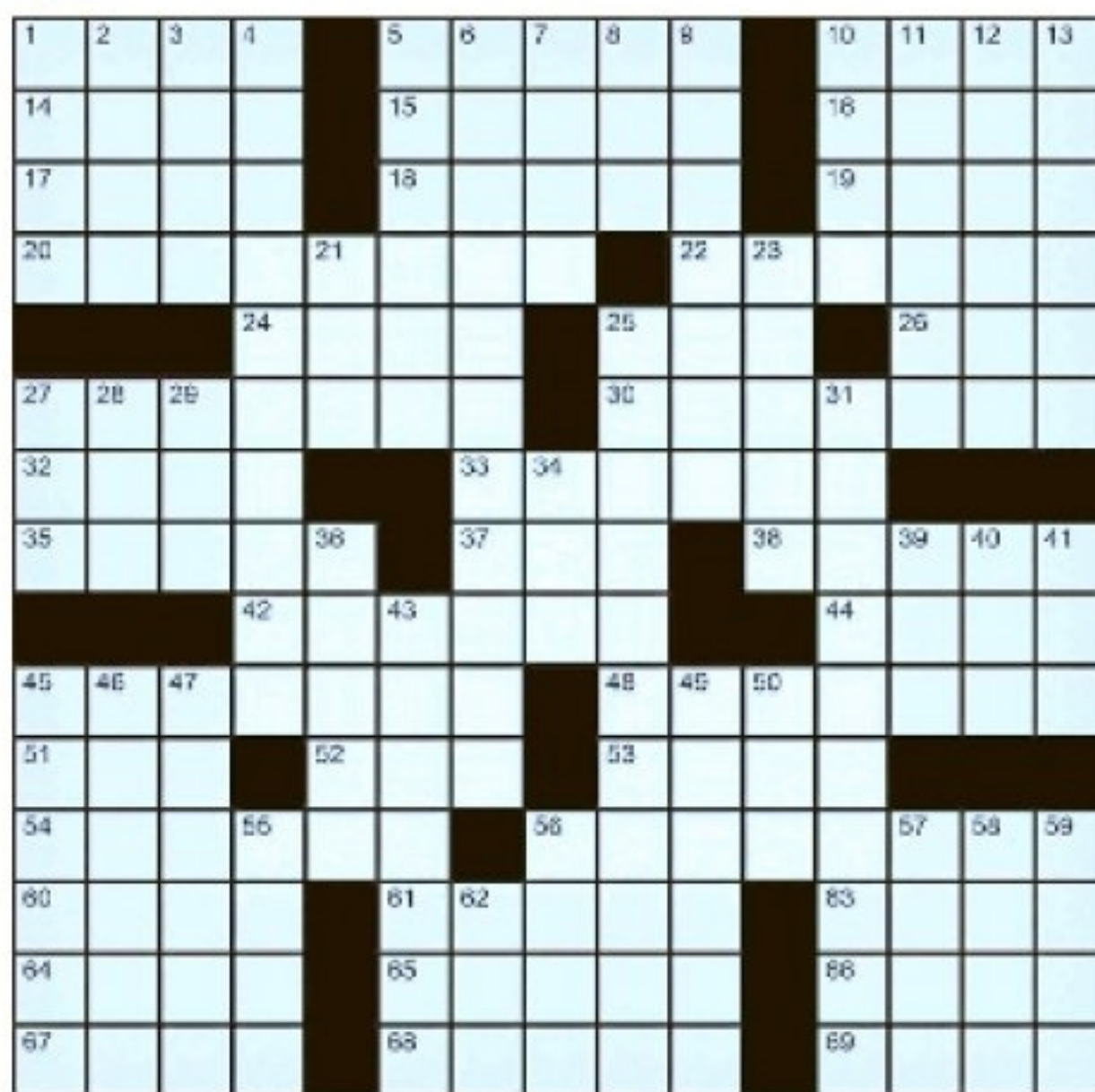
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Radio ___" by Queen
5. Horde
10. Mouse-murdering machine, maybe
14. Solemnly affirm
15. Hot chocolate
16. Blue Rodeo tune
17. Branch
18. Ant, archaically
19. Neither Liberals nor Conservatives, for short
20. Recipient, in law
22. Bring*in goods from beyond
24. Classic jukebox hit: "___ Angel"
25. Tissue's thickness
26. Bitty
27. ___ of Ireland aka 'Canada's Titanic' (Ocean liner which sank in the St. Lawrence in 1914)
30. Glands that pump one up when one is pumped up
32. Earth goddess in ancient Greek mythology
33. Made up of two
35. "You ___ Be" by Des'ree
37. Semi
38. Ships' steerers
42. Get
44. Telegram
45. ___ luggage
48. Most yucky
51. Colour characteristic
52. Downcast



53. Origin
54. Dwell
56. First-___, as on a sports team
60. Military air assault
61. Get ready to golf: 2 wds.
63. Roof's overhang

64. Old Icelandic literary work
65. Makes straighter
66. Tread
67. Come across as
68. Scope
69. Parliament Hill VIPs

DOWN

1. Big swanky event
2. Hertz rival
3. Jeweller's jewels
4. Dispute's decision decider
5. Backdrops

6. Canadian Clothing... MiiK, for one: 2 wds.
7. Pinnacle
8. 1962: "Sheila" singer Tommy
9. Oz folk tune: "Waltzing ___"
10. Jaunt
11. Fame

12. Mr. Bocelli of song
13. Pale paint in a painting
21. "You don't say!"
23. Frankincense and ___
25. Nunavut tourist destination called 'Switzerland of the Arctic' because of its beautiful landscape
27. Something scrambled
28. ___ jacket
29. Plum toss away
31. Testifying by-stander
34. Twelve-divided-by-four's fancy answer
36. One is seemingly bottomless
39. Fish story
40. Married title
41. Place down
43. Breakfast appliance
45. Household tasks
46. Song of dawn
47. Inhabit a habitation
49. Murder mystery's main 'man', maybe
50. Ornamental carp
55. Dutch cheese
56. Visible
57. Fence's door
58. All square
59. Barbell-user's units, commonly
62. Supermodel Ms. Herzigova

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might develop a crush on someone who is different, exotic or from another culture or a different country. Be careful, because this very likely is an unstable situation.

Taurus April 21 - May 21
Despite your good intentions of helping someone else today, be careful. You have to be realistic and consider your own needs as well. There is such a thing as "idiot compassion."

Gemini May 22 - June 21
Don't expect too much from a friend or partner today. If you do, you likely will be disappointed. Remember: Unexpressed expectations almost always lead to disappointment.

Cancer June 22 - July 23
Co-workers might be supportive today; nevertheless, their assistance might hinder you more than it helps you. Use caution!

Leo July 24 - Aug. 23
Romantic relationships are unstable today. Some might end and others might begin, but they're really just a pipe dream. (It's sad but true.)

Virgo Aug. 24 - Sept. 23
You might go overboard with your ideas about redecorating today. To be safe, wait a day or two to see if you still want to go ahead with your plans.

Libra Sept. 24 - Oct. 23
You might spend a lot of time today daydreaming or lost in fantasies. This makes it hard to concentrate and focus. Oh well — we all need a mental-health day every now and then

Scorpio Oct. 24 - Nov. 22
This is a poor day to make important financial decisions, because your mind is a bit fuzzy and full of wishful thinking. Be careful, and remain realistic.

Sagittarius Nov. 23 - Dec. 21
Relations with others are a bit unstable today. Instead of dealing with what is, you are more inclined to deal with how you wish things would be. Keep your feet on the ground.

Capricorn Dec. 22 - Jan. 20
Something going on behind the scenes might confuse you today. In fact, this confusion could create problems in a relationship.

Aquarius Jan. 21 - Feb. 19
Don't expect too much from others today, especially a friend or a member of a group. Many people are full of unrealistic demands today, which only leads to problems.

Pisces Feb. 20 - March 20
Be realistic when it comes to your relationships with authority figures today, even though you might feel great admiration for someone. You might even have a crush.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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9	7	3	8	2	1	6	5	4
6	2	8	3	5	4	1	7	9
5	1	4	6	7	9	3	2	8
1	6	7	4	8	3	5	9	2
2	8	9	5	1	6	4	3	7
4	3	5	2	9	7	8	1	6
7	4	2	1	3	8	9	6	5
8	5	1	9	6	2	7	4	3
3	9	6	7	4	5	2	8	1

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